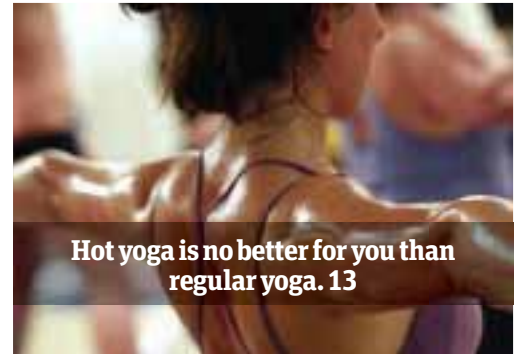


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Hot yoga is no better for you than regular yoga. 13

CLEAN HANDS AREN'T ENOUGH

This nasty strain of flu is literally IN THE AIR! 20-21

Another daring season of
'Another Period.' 18

ONE GIANT STEP

Big Blue hires Pat Shurmur as head coach Monday
as offseason of change continues. 4 & 22



GETTY IMAGES / KATHLEEN COMBS

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JOE PANTORNO, SPORTS EDITOR

The Giants continue to piece together their new-look personnel and crossed a huge item off their offseason checklist. On Monday evening, Big Blue announced the hiring of their next head coach, former Minnesota Vikings offensive coordinator Pat Shurmur. What is the 52-year-old's track record in the NFL and what can the Giants expect from him? For more, turn to pages 4 and 22 or visit metro.us/sports.

NYC REAL ESTATE BOOSTED BY ECONOMY

IA stronger U.S. economy fueled by President Donald Trump's tax cuts bodes well for the office market in Manhattan in the near term as it provides a boost to employment, wages and business investment, brokerage CBRE said on Monday. Office-using job growth in New York has been robust and is the single most important statistic for real estate, said Spencer Levy, head of research for the Americas at CBRE.

"The U.S. economy is in a surprisingly good place where we sit in the cycle," Levy told reporters. "The good news extends here to New York City as well." New York City's economy grew at an annual 3.6 percent in the third quarter of last year, or triple the same period's pace in 2016, CBRE said, citing the New York comptroller's office. The growth and hourly earnings data are higher than the U.S. average.

HOUSE PASSES MEASURE TO END SHUTDOWN

2The House of Representatives passed a short-term measure on Monday to fund the federal government through Feb. 8 and end a three-day government shutdown. By a 266-150 vote, the Republican-led House quickly followed the Senate and approved the stopgap bill, which includes a six-year extension of the Children's Health Insurance Program (CHIP) but not protections for Dreamer immigrants sought by

Democrats. The funding measure will now go to President Donald Trump, who has said he will sign it into law, ending the government shutdown. Earlier on Monday, the Senate voted to fund the federal government through Feb. 8, which then moved the bill to the House where it also passed. During shutdowns, nonessential government employees are furloughed, or placed on temporary unpaid leave. **Read more on page 12.**

5 THINGS YOU NEED TO KNOW

TOWER OF BOOKS IN XI'AN

3An 11-meter-high tower of books stands at Xi'an University of Architecture and Technology on Monday in Xi'an, China. Artist Zhao Haitao made the tower with 14 tons of books in one month.

NETFLIX SEES SURGE IN SUBSCRIBERS

4Netflix Inc. snagged two million more subscribers than Wall Street expected in the final three months of last year, tripling profits at the online video service that is burning money on new programming to dominate internet television around the world. The results drove Netflix to a market capitalization of more than \$100 billion for the first time. After signing up more than half of

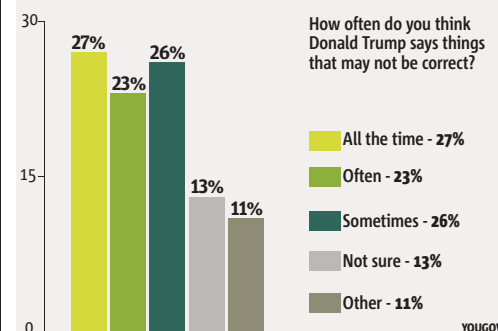
all U.S. broadband households, Netflix is building its customer base in 190 countries by spending billions on programming. Netflix picked up 6.36 million subscribers in international markets from October through December, when it released new seasons of critically acclaimed shows "Stranger Things" and "The Crown." That topped Wall Street expectations of 5.1 million, according to FactSet.

POPE APOLOGIZES FOR SEXUAL ABUSE COMMENTS

5Pope Francis, in an extremely rare act of self-criticism, apologized to victims of clerical sex abuse on Sunday, acknowledging he had "wounded many" in comments defending a Chilean bishop who is under scrutiny. But while the pope said he was sorry for his choice of words and tone of voice when he testily answered a reporter's question last Thursday in Chile, he also said he was certain

that the prelate, Juan Barros, was innocent. "I have to apologize," an unusually contrite pope told reporters aboard the plane returning to Rome from a weeklong trip to Chile and Peru, saying he realized he had "wounded many people who were abused." "I apologize to them if I hurt them without realizing it, but it was a wound that I inflicted without meaning to," he said. "It pains me very much."

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Giants hire Shurmur as 18th head coach in franchise history

The 52-year-old was officially announced on Monday.



JOE PANTORNO
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While New York Giants fans might have had a hard time watching the Philadelphia Eagles power their way into Super Bowl LII in emphatic fashion with a 38-7 win over the Minnesota Vikings, Pat Shurmur officially became available.

And the Giants wasted little time getting the former Vikings offensive coordinator, announcing him as their newest head coach on Monday evening.

"I am looking forward to getting to work with [Giants GM] Dave Gettleman and Kevin Abrams and starting the process to once again build a championship team," Shurmur said. "I have been fortunate to work with many great coaches



While Pat Shurmur's attempted run to the Super Bowl ended on Sunday, he received his second-ever NFL head coaching gig on Monday. GETTY IMAGES

and players, and I am thankful for those relationships. I would like to thank my family and friends for their tremendous support."

Unfortunately for Shurmur, his final game overlooking the Vikings offense wasn't the best kind of impression to give

the Giants. Minnesota was manhandled by the Eagles defense, putting up just 333 total yards and a season-low 70 rushing yards to go with their measly seven points.

Granted, he worked his magic with Case Keenum, a journeyman backup quarterback, for

most of the season as the unlikely passer that stepped in for an injured Teddy Bridgewater and Sam Bradford went 11-3 as a starter in the regular season.

Shurmur was also the mastermind behind the Vikings' epic final drive of the NFC Divisional

Round against the New Orleans Saints when Keenum hit Stefon Diggs for the game-winning 61-yard touchdown as time expired.

This will be Shurmur's second permanent stint as an NFL head coach. He went 9-23 in two seasons with the Cleveland

Browns from 2011-2012 before going 1-0 as the interim head coach of the Eagles in 2015. He has spent a combined seven years as an offensive coordinator with the St. Louis Rams, Eagles and Vikings.

Even after two years with the Browns though, this could be the toughest challenge he's ever faced as he'll take over a Giants team in transition mode after a dismal 3-13 season. He will be working under a new general manager in Gettleman, who was hired last month after the team fired Jerry Reese alongside Ben McAdoo. Eli Manning is playing out the final phase of his Giants career even though he's slated to start 2018 under center, which means he could be working with a new, unproven quarterback depending on what the team does with their No. 2 pick in the 2018 NFL draft.

While he contends with that, Shurmur will have to try and keep big personalities like Odell Beckham Jr. content in order to keep things smooth in the locker room.

How to get Super Bowl tickets to see the Eagles vs Patriots in Minneapolis

There is no easy or cheap way to get tickets to Super Bowl LII in Minneapolis on February 4.

The league says it gives 17.5 percent of the ticket supply to the NFC Champions, the Eagles, and another 17.5 percent to the Patriots. The best way to assure yourself a seat is to be a season ticket holder — and if you're one of them, you already know if you have tickets. The Eagles held a lottery hours after Sunday night's NFC Championship concluded to give their most loyal fans a chance to get tickets at face value. That value was reportedly in the \$950 range before any fees get applied.

There is no way for non-season ticket holders to get to the game at face value. The next best way to get tickets on primestickets.com — which offers complete packages with travel and hotel rooms. It also allows purchasers to simply get tickets and make their own accommodations reservations.

It's pricey. The cheapest tickets available are more than \$4,800 for the upper level. This is slightly cheaper than comparable tickets on stubhub.com.

The Super Bowl's official website is selling packages as well, starting at \$6,599 and ranging into the \$13,000 range. Vividseats.com

has a 20-person suite that costs \$405,955.

Where do the other tickets go? The league office gets to keep a quarter of them and each other NFL team gets 1.2 percent of them, except the Vikings, who get five percent as the host team.

The secondary markets are expected to feast on the big-time matchup between New England and Philadelphia, with tickets in the \$9,000 range being the norm, according to CNNMoney.com.

Airfare

Flying to Minneapolis is similarly expensive. Direct flights on major carriers like Delta and



For those really desperate to get to Minnesota that weekend, Spirit and Frontier offer flights in the \$300 to \$400 range, but the itineraries sometimes include two layovers. GETTY IMAGES

American are fetching over \$1,000 for a round-trip seat for fans looking to fly between Thursday and Monday. If you have more time to waste, tickets are a few hundred dollars cheaper on Tuesday or Wednesday prior and after the game.

For those really desperate to get to Min-

nesota that weekend, Spirit and Frontier also offer flights in the \$300-\$400 range but the itineraries sometimes include two layovers.

Hotels

The minute it became clear the Eagles would be the Patriots' opponent in Super Bowl LII, hotel

prices surged and sold out nearly instantly. Without trekking hours outside the city, rates are about \$600 a night within the city limits if available at all; Airbnb rates are also astronomical and rare. Local station CBS4 in the Twin Cities says the prices are 10 times their normal rates. EVAN MACY



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When the George Washington Bridge is backed up, the New Jersey town of Leonia sees a drastic jump in traffic. To alleviate that, the small suburb is closing many streets to nonresidents during rush hour. **PIXABAY**

New Jersey town closes streets to prevent GWB backup

Leonia — population 8,937 — is closing many of its streets to avoid even more gridlock when the world's busiest bridge has delays.



NIKKI M. MASCALI
nikki.mascali@metro.us

A New Jersey town in the vicinity of the George Washington Bridge is closing itself off to nonresidents during rush hour starting Monday.

Officials from Leonia, population 8,937 according to the 2010 U.S. Census, is now closing its streets to alleviate gridlock when there are delays on the GWB, NBC4 reported.

Leonia is situated near the western approach to the GWB, which is the world's busiest motor vehicle bridge, serving more than 103 million vehicles each year.

When there are issues on the span that connects northern New Jersey and Upper Manhat-

tan, Leonia sees a drastic increase in motorists looking for alternative options, officials said.

Mayor Judah Zeigler told NBC4 that "about 4,000 vehicles" regularly travel on a particular street that provides access to the bridge, but "if the bridge is backed up, we get 12,000," he said.

Starting Monday, the Leonia Police Department will close "a significant number" of secondary streets from 6 to 10 a.m. and from 4 to 9 p.m., the department said on its Facebook. Fort Lee Road, Broad Avenue and Grand Avenue have not been subjected to travel restrictions, police said.

Residents have been given yellow tags for their vehicles to be allowed to travel on the closed roads, and motorists who violate the closures could face a \$200 fine.

"Using Leonia as a cut-through to the George Washington Bridge will only increase your commute time," police said. "Staying on the major highways will be the quickest route."

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NYC AIRBNB

NYC sues landlord who turned rent-stabilized units into illegal Airbnb hotels

New York City is suing a landlord who turned rent-stabilized apartments in his four-story Manhattan walk-up into illegal hotels via Airbnb and other platforms, according to Mayor Bill de Blasio's office.

The mayor's Office of Special Enforcement is bringing the lawsuit against 156 West 15th Street LLC, its head officer and managing agent Dr. Philip Baldeo and operator Miguel Guzman.

In Sept. 2017, officials found "illegal hotel use" in six out of the nine units inside the Chelsea building. Previously, in Aug. 2014, officials found that two of the units were being unlawfully

rented through Airbnb.

The landlord continued to operate those illegal hotel rooms, according to the mayor's office, at least 13 complaints since 2014, 23 building and fire violations, three criminal summonses and one advertising summons.

"There must be zero tolerance for illegal hotels," said Council Speaker Corey Johnson in a statement. "This lawsuit sends a strong message to landlords across the city that we will not tolerate such practices."

This is the 11th lawsuit the city has brought against landlords or illegal hotels. Last month, a landlord paid \$1.2 million, the largest settlement with the city in an "illegal hotel nuisance abatement case." **KRISTIN TOUSSAINT**

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Staten Island second-grader wins national science contest

Imagine there's an app that'll let you know when you should arrive at your doctor's office so you can wait for the shortest amount of time. If only, right? Well, thanks to a Staten Island second grader, that app may become a reality.

Sofia Babaytseva, a student at PS 50/Frank Hankinson School in Oakwood, came up with the idea to create the app as part of "If Kids Could Cure," a national education contest created by Pfizer and Scholastic that asks kids in grades K to 5 to solve medical and societal issues.

Babaytseva not only won the K-2 category and a backpack full of science supplies for herself, including a lab coat and microscope, she also landed books for her classroom and a \$15,000 grant for PS 50's science program.

"At Pfizer, we believe kids can be problem solvers. Through this partner-



PS 50 second-grader Sofia Babaytseva receives her award for winning Scholastic and Pfizer's "If Kids Could Cure" national science contest last week from borough officials and Sally Susman of Pfizer, at left. PROVIDED

ship with Scholastic, we are encouraging students to apply their imaginative powers to tackle day-to-day concerns," said Sally Susman, Pfizer's executive vice president of corporate affairs. "Sofia imagined the important things she could be doing instead of waiting for the doctor — homework, chores, playing with friends — and her solu-

tion to use technology to improve this healthcare inefficiency is brilliant."

Babaytseva came up with the app after she and her mother had an hours-long wait at a doctor's office, SILive.com reported. She was inspired by an app her family used while visiting Disney World that showed them the wait times for rides.

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Trump known to do Indian accent when talking about India's PM

The Washington Post reported Sunday about a possible increase of U.S. troops in Afghanistan by a thousand, as military officials say that, under Trump's watch, they expect total forces to reach 15,000 come spring 2018.

But that's not all the Post reported. During a meeting last year, Indian Prime Minister Narendra Modi told Trump, when it comes to the U.S. in Afghanistan, "never has a country given so much away for so little in return." And according to senior administration, the president has been known to imitate the prime minister with an Indian accent.

Trump has imitated other groups in the past. As Slate pointed out, he used broken English when imitating Chinese and Japanese negotiators during one of his campaign rallies.

"They say, 'We want deal,'" Trump told the crowd.



Prime Minister Narendra Modi and Donald Trump hug in the White House Rose Garden on June 26, 2017. GETTY IMAGES

And in a speech back in October regarding the aftermath of Hurricane Maria, Trump seemed to mock Puerto Rico by saying the country in a Spanish accent of sorts.

As a Salon reporter transcribed it, "We are also praying for the people of Puh-werto Rico. We love Puh-werto Rico. Puh-werto Rico! And we also love Puerto Rico."

As it turns out, this wasn't the first time Trump's impersonated an Indian accent. During a rally in Delaware, when discussing the

need to bring back jobs to the U.S., he adopted a fake Indian accent to impersonate a call center representative.

He recounted a time he phoned his credit card company to find out where their customer support was based. "We are from India," Trump impersonated. "Oh great, that's wonderful," he said, before pretending to hang up the phone, adding, "India is a great place. I am not upset with other leaders. I am upset with our leaders for being so stupid." SAM BRODSKY

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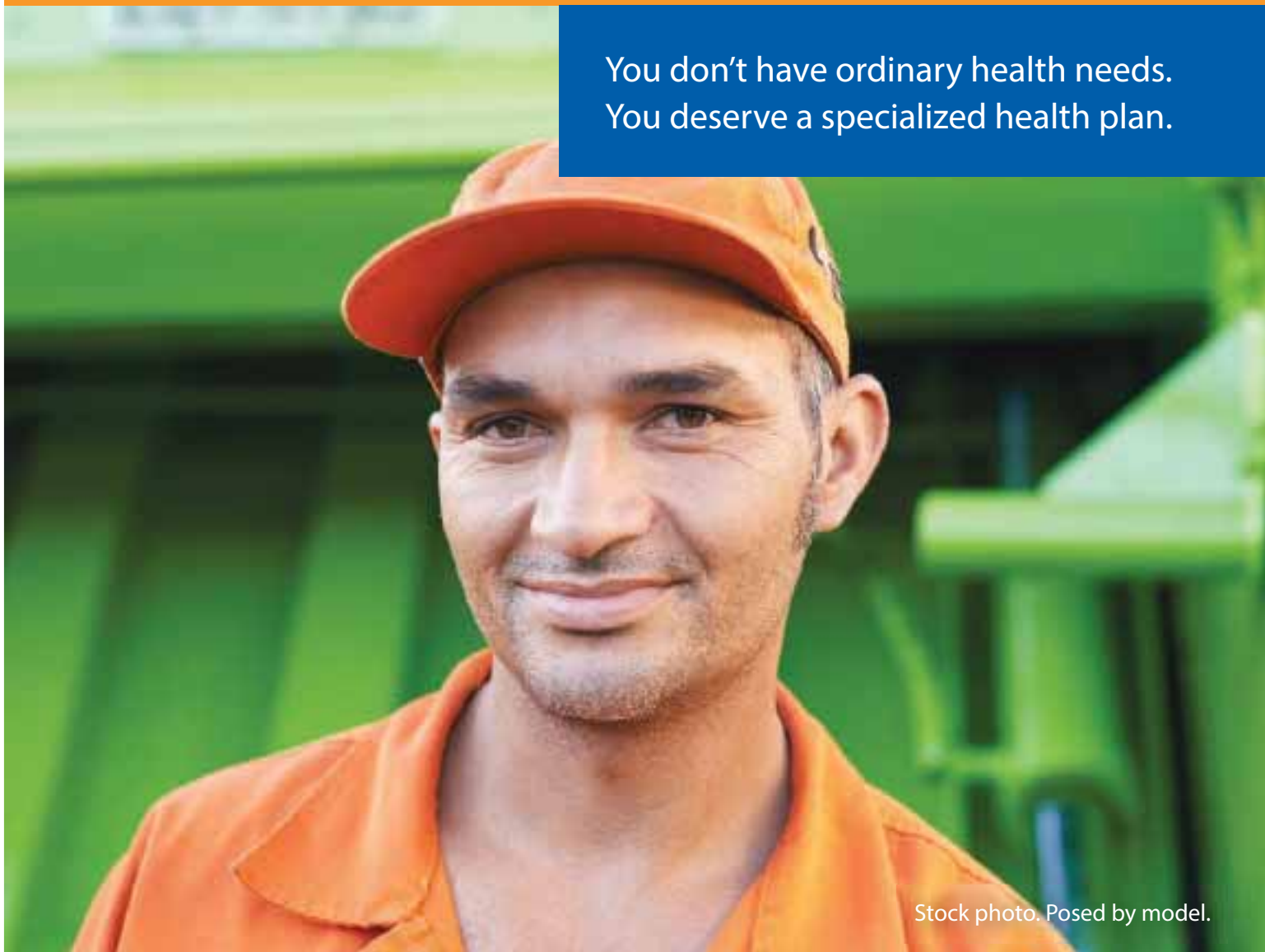


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Some liberal groups were infuriated by the decision to reopen the government. GETTY IMAGES

Government shutdown fizzles on spending, immigration deal in Congress

Tens of thousands of federal workers had begun closing down operations for lack of funding on Monday, the first weekday since the shutdown began.

because of Congress' failure last year to approve a budget on time by Oct. 1, just weeks after Trump summarily ordered an end by March to Obama-era legal protections for young immigrants known as Dreamers.

The roughly 700,000 young people were brought to the United States illegally as children, mainly from Mexico and Central America. They mostly grew up in the United States.

Former President Barack Obama's Deferred Action for Childhood Arrivals, or DACA, program gave the Dreamers legal protections and shielded them from deportation.

Democrats, as a condition of supporting a new spending stopgap, demanded a resolution of the uncertain future Trump created for the Dreamers with his DACA order last year.

But Democratic leaders, worried about being blamed for the disruptive shutdown that resulted, relented in the end and accepted a pledge by Republicans to hold a debate later over the fate of the Dreamers and related immigration issues.

The shutdown undercut Trump's self-crafted image as a dealmaker who would repair the broken culture in Washington.

It forced Trump to cancel a weekend trip to his Mar-a-Lago estate in Florida and created uncertainty around his scheduled trip this week to the World Economic Forum in Davos, Switzerland.

The U.S. government cannot fully operate without funding bills that are voted in Congress regularly. Washington has been hampered by frequent threats of a shutdown in recent years as the two parties fight over spending, immigration and other issues. The last U.S. government shutdown was in 2013.

REUTERS

Congress voted on Monday to end a three-day U.S. government shutdown, approving another short-term funding bill as Democrats accepted promises from Republicans for a broad debate later on the future of young illegal immigrants.

The fourth temporary funding bill since October easily passed the Senate and the House of Representatives. That sent it to the White House, which said President Donald Trump was expected to sign the bill, a product chiefly of negotiations among Senate leaders.

Enactment by Trump of the bill will allow the government to reopen fully on Tuesday and keep the lights on through Feb. 8, when Congress will have to revisit the budget and immigration policy, two disparate issues that have become closely linked.

The House approved the funding bill by a vote of 266 -150 just hours after it passed the Senate by a vote of 81-18.

Trump's attempts to negotiate an end to the shutdown with Senate Democratic leader Chuck Schumer collapsed on Friday in recriminations and fingerpointing. The Republican president took a new swipe at Democrats as he celebrated the Senate's pact.

"I am pleased that Democrats in Congress have come to their senses," Trump said in a statement. "We will make a long term deal on immigration if and only if it's good for the country."

Immigration and the budget are entangled

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Breathe easy: Hot yoga is no better for you than regular yoga

No more hot
downward dogs.



MEGAN MORRIS
letters@metro.us

Wringing sweat out of your Lululemon tank top after a sweltering hot yoga class is pretty satisfying — you survived! — but a new study shows that the added heat really isn't doing anything extra for your heart health.

The study, published in the journal *Experimental Physiology*, showed that while the moves used in Bikram yoga are beneficial for cardiovascular health, the heat — often hitting 105 degrees Fahrenheit — isn't a necessary component.

"It's definitely showing benefits to the 26-posture sequence," study author Stacy Hunter, an assistant professor in the department of health and human performance at Texas State University, said of the style of hot yoga popularized by the controversial Bikram Choudhury in the 1980s and 1990s.

"It just doesn't seem like the heat is necessary in terms of improving heart health."

For the study, researchers put 52 healthy but sedentary adults into three groups: one that went to three Bikram yoga classes a

week; one that did the same workout in a room set to 73 degrees; and a third control group who didn't do yoga at all.

After 12 weeks, the researchers evaluated everyone's vascular health by measuring changes in endothelial function, or the ability of blood vessels to dilate in response to increased blood flow. Both of the yoga groups had positive changes that decreased their risk of heart disease, while the control group didn't see a change.

Another surprising result: The Bikram group showed a slight decrease in body fat during their 12-week routine. However, other studies show that the dangers of working out in high temperatures — like a rapidly increased heart rate and higher core temperature — might not outweigh any perceived benefits to body weight and flexibility.

"This is good news for people who might want to do it but can't tolerate the heat or maybe want to do it at home, or for people who don't even live near a yoga studio," said Hunter.

So, go ahead and do that 26-pose Bikram sequence in normal temperatures if you want, because you'll get the same benefits in the end — sans the soggy britches.

"It's definitely showing benefits to the 26-posture sequence. ... It just doesn't seem like the heat is necessary in terms of improving heart health."

Stacy Hunter



A new study showed that while the moves used in Bikram yoga are beneficial for cardiovascular health, the heat isn't a necessary component. GETTY IMAGES



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Baby Boomers Benefitting From Knee Arthritis Treatments

10-Minute Technology Guided FDA-Cleared Painless Medical Treatments.. Allows Patients To Stay Active

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

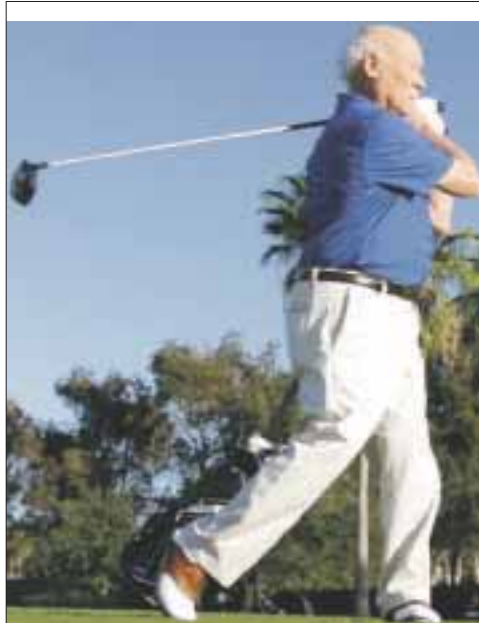
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend it to everybody."

William La Spina . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Precision Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results:

Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Louisiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underwent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of \$4706.00 per patient if treated with viscosupplementation was estimated. In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to \$9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

Treatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at **NYC Pain MD** could be the best thing you could do for yourself. But it is suggested you do not wait as arthritis can easily worsen with more time.

And this is very important - especially for those who have had viscosupplementation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at **NYC Pain MD**.

Even doctors themselves are often patients at NYC Pain MD.

How to Find Out If The Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

The NYC Pain MD 'X' Factor ?

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be "Rich and Famous" because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime.



The Secret To Knee Pain Relief? With precision advances in medical science and technology the caring doctors at **NYC Pain MD** have been able to help so many relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if they are candidates... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible

treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call 800-741-5340 Tell them, "I would like the kneescreening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

More Good News About Insurance: Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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The 2018 flu season is expected to be twice as bad as last year's because the dominating flu strain — H3N2 — is particularly devastating, especially for the young and elderly. GETTY IMAGES

Is it too late to get the flu shot?

Don't have the flu shot yet? Listen up.



MEAGAN MORRIS
letters@metro.us

The flu continues to wreak havoc across the United States, with every state except Hawaii reporting widespread flu activity. And if you've been paying attention to the news, you might be wondering is it too late to get the flu shot?

The flu's not just causing school shutdowns and lost productivity: 30 children have died from flu-related complications since Oct. 1, according to the U.S. Centers for Disease Control — including 10 reports within the past week.

Why is the flu so bad this year?

The 2018 flu season is expected to be twice as bad as last year's because the dominating flu strain — H3N2 — is particularly devastating, especially for the young and elderly. The other complication: This year's flu vaccine is less effective. Flu vaccines are typically grown in chicken eggs, but the virus mutated while the vaccine was being incubated, according to National Geographic, making it less effective.

"They're seeing that it's anywhere from 10 to 33 percent effective, so anytime there's a mismatch between the vaccine and the circulating

strain of the flu, you're going to see more cases," Jennifer Radtke, manager for infection prevention at the University of Tennessee Medical Center in Knoxville, told USA Today earlier this month.

Is it too late to get the flu shot?

The flu shot might be only 30 percent effective, but experts say it's better than nothing.

"If you're talking about protection and issues about how you try to keep your loved ones as healthy as possible, the number one is still getting the flu vaccine," said Dr. Randy Bergen, a pediatrician and the clinical lead of Kaiser Permanente Northern California's Flu Vaccine Program, told ABC News. "Some protection is better than no protection."

And it's not too late to get it.

Flu shots get a big marketing push in the fall and early winter because it takes your body some time to build up the antibodies to block the virus. The thought is that by getting it earlier, you're more protected against it. But flu season can run as late as May — and that's still a few months away.

"The circulating influenza A H3N2 strain will likely continue to be circulating for the next couple months," Pritish K. Tosh, MD, a Mayo Clinic infectious disease physician and researcher, told

Health. "And if somebody hasn't gotten infected yet, there's still time to get infected. Therefore, getting the vaccine may help prevent infection and serious complications."

Everyone six months and older should get the flu shot, according to the CDC.

How to recognize flu symptoms

The flu has claimed the lives of otherwise healthy people, including a 21-year-old bodybuilder from Pennsylvania who died from septic shock in December a few days after coming down with flu-like symptoms.

"Classic flu feels like you've been hit by a truck because [of] its abrupt onset, high fever, cough, sore throat and all over body aches," Joshua Schaffzin, pediatric infectious diseases physician and director of infection, prevention and control at Cincinnati Children's Hospital, told ABC News. "It's very striking for parents because their kid is running around and all of a sudden they don't want to get out of bed."

Get medical care if you're showing the symptoms, no matter if it's at your doctor's office, urgent care center or, for really bad symptoms, the emergency room.

And do what you can to prevent the spread of disease by practicing good hygiene and staying home from school or work when you're sick.

Selma Blair goes punk rock for 'Mom and Dad'

Chatting with the actress about her latest film, repressed fears and laughing in the face of chaos.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

From its insane premise — which sees parents trying to kill their children for an unknown reason — to its shocking moments of violence and gore, everything about “Mom and Dad” is outrageous.

“It’s a punk rock movie,” Selma Blair says over the phone. The 45-year-old, who stars alongside Nicolas Cage in the film, says that’s what attracted her to the movie in the first place, too.

“In this time when there are so many boundaries, because people are trying not to offend, this was just something that was so crazy that it seemed beyond offending everyone,” she says.

Blair also recognizes that “Mom and Dad” explores some very probing themes.

“There’s a heavy aspect to the movie about



Blair tapped into her fears for the horror-comedy. MOMENTUM PICTURES

this kind of soullessness that can happen to parents,” she says. “My character really wants to be a good mom, and it means everything to her. Being ignored by your kids doesn’t make your mother a murderer normally, but in this strange world, this horrible thing happens.”

While Blair says the film was certainly un-

nerving, she stops short of calling it a full-on horror film.

“I could almost show my son,” she says. “I mean because of the language and the idea, I wouldn’t show my son. I’m a better mother than that. But there’s no image in there that’s so grotesque it would haunt you. It’s just the idea is terribly disturbing.”

In order to do “Mom and Dad” justice, Blair tapped into the purveying sense of fear that’s currently permeating across the world.

“We all have repressed fears. I also think trying to do the right thing all the time can go against our instincts as people,” she says. “It’s obvious that people are more afraid

“Every single person I talk to is scared s—tless right now.”

than ever. Every single person I talk to is scared s—tless right now.

“This film allowed me a huge laugh of release,” she continues, “because I was like, ‘OK. This is what’s in the huge spinning world of my mind.’ We’re all thinking of horror. Or [that] we’re all going to die. Or [about] the ethics of our president.”

“People are terrified,” she continues. “And it was deeply entertaining to just have a couple of laughs in the face of this scream.”

You can see for yourself if “Mom and Dad” is as therapeutic as it is scary and funny, as it’s just been released in select cinemas and is also available on VOD and Digital HD.



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Here's to another daring season of 'Another Period'

Chatting with stars Riki Lindhome and Natasha Leggero about Trump, the Gilded Age and the long lasting impact of "Dynasty."



RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

"Another Period" — whose third season premieres Tuesday on Comedy Central — is likely one of the best shows you're missing out on. The whip-smart series is very "Downton Abbey" meets "Keeping Up with the Kardashians," then stuffed to the brim with satirical allusions to power, sexism

and politics. And it's all thanks to stars Riki Lindhome and Natasha Leggero, who also helm the series as creators and writers. And neither of them take prisoners.

For example: Even though it's set in the Gilded Age, like many other comedy series of the last year, the election of President Donald Trump casts a dark (albeit hilarious) shadow. "You should have been in our writer's room when we had to change our whole season when Trump be-

came president," Leggero says.

"The problem with making fun of Trump is that there's a new, fresh hell every day. If you started writing an episode



GETTY IMAGES



In another star-studded season, the Bellacourts are, as ever, up to no good. AU GOLDSTEIN/COMEDY CENTRAL

about Girther-gate, it would just go away in a day, and he would do something else awful."

Still, this season you can expect the requisite amount of Trump adjacent stuff — just, not really on purpose. "There's a sort of Roy Moore-

esque storyline that we actually wrote before any of it happened," Lindhome says.

Still, even with those heavy themes, "Another Period" manages to be a delight. A super funny, well-constructed, and horribly overlooked delight. And the best part? It's rife with physical comedy.

"We are obsessed with 'Dynasty,'" Leggero says. (Think: the original, not the "Gossip Girl"-lite re-

boot.) "If you watch 'Dynasty,' they have all of these compilations of them dragging each other through clothes racks and swamps. Our director would get annoyed with us and be like, 'What is this 'Dynasty'-style cat fight? Do we really need this?'" she laughs.

"We just really want to do a fight in a fountain," Lindhome says. Here's hoping their dream comes true.

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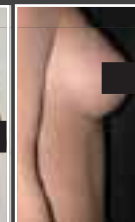
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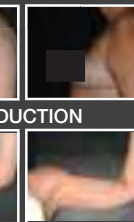
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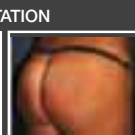
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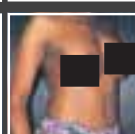
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Musical takeover

The Grammy Awards are back in NYC for the first time in 15 years, but first there's a week's worth of music-themed events to get excited about.



EVA KIS
eva.kis@metro.us

Lay down a track at Mastercard House

Nothing gets you closer to the Grammys past and present than Mastercard House, a week-long popup featuring talks (1-2 p.m.), vinyl listening stations so you can hear why the medium is having a revival, a gallery of iconic music photographers and even a recording booth where you can lay down a track. From 9 p.m.-midnight, catch intimate performances by artists including St. Vincent and Portugal The Man. *Tues-Sat, 60 10th Ave.*

American music through the ages

The New School takes you on a journey to the soul of American music, from Memphis to New Orleans, in *Take Me to the River*. The daylong symposium features talks, screenings and a concert by Grammy winners Bobby Rush and William Bell. *Jan. 23, panels & screening at 4 p.m. are free, concert at 7 p.m. is \$20, Tishman Auditorium, 63 Fifth Ave.*

Spot a star

Just steps from Madison Square Garden is The Pennsy Food Hall, where you never know who may come in for a bite between rehearsals. To go with the excitement, Pennsy vendors are rolling out the red carpet with "award-worthy" specials like Pat LaFreida's Triple Platinum Truffle Burger and Sabi Sushi's The Pink Roll. *2 Pennsylvania Plaza*

Music Is Universal

For merchandise featuring iconic artists, visit Bloomingdale's Music Is Universal pop-up shop with items by music fashion

brand Bravado like T-shirts for past shows by artists like Lady Gaga and Jimi Hendrix, bomber jackets with record label logos, hats and more ranging from \$35 to \$225. *All Bloomie's locations*

The Big Ta-Doo

The night before the big event, party down with Danny Clinch and the Preservation Hall Jazz Band at the always-grooving McKittrick Hotel at a music and photography party. Proceeds will benefit The Preservation Hall Foundation and MusiCares. \$50, Jan. 27, 9:30 p.m., 530 W. 27th St.

The best of the Grammys

It's been 60 years of the Grammys, and the Cafe Wha House Band are playing all the greatest hits in pop, rock, R&B and more by winners and nominees from 1958 to the present in a tribute show to remember. \$15, Jan. 26, doors at 5:30 p.m., Cafe Wha?, 115 Macdougall St.

Concerts by nominees

Several of the artists hoping for Grammys glory will be treating New Yorkers to concerts around the city. On Jan. 26, catch Eminem at Irving Plaza, while on Jan. 27, Canadian electronic music duo Adventure Club will be at Lavo while Childish Gambino rocks Irving Plaza.

Celebrate Americana


Folk Alliance International showcases some of the songwriters keeping American tradition alive with a concert featuring Best Folk Album nominees Olivia Chaney (of Offa Rex) and The Secret Sisters, Best Traditional Blues Album nominee Guy Davis, Ashley Campbell and Dar Williams. \$75+, Jan. 27, 1-3:30 p.m., Joe's Pub, 425 Lafayette St.

Brunch with Old Blue Eyes

After a sold-out national tour, Our Sinatra: A Musical Celebration arrives at The Cutting Room for a brunch engagement spanning 50 of his greatest hits. \$35-\$55, Jan. 27, 2 p.m., 44 E. 32nd St.



See SZA and more of the hottest acts at Mastercard House. GETTY IMAGES



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Flu spreads through breath, too, study finds

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KATE MOONEY
kate.mooney@metro.us

Surely you've heard the flu going around right now is a rough one. Maybe you've

had it or know someone who has. It's been widespread across the U.S., leading to hospitalizations and deaths, although, according to The New York Times, this year's flu is

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Walmart offers new

Walmart is stepping up to mitigate the opioid crisis with a new product that will make it easier to safely dispose of prescription meds.

The company is now offering DisposeRX, a waste disposal solution, for free at Walmart pharmacies and Sam's Club pharmacies nationwide.

When mixed with warm water and added to a pill bottle, DisposeRX

works to convert the leftover meds into a biodegradable gel, which then hardens and is easily discarded. It can be used on medication in any form, including pills, powders, capsules, liquids, tablets and patches.

Patients filling a new prescription for a Class II opioid, such as oxycodone and methadone, will receive a free DisposeRX packet and an opioid safety brochure. Patients

who fill Class II opioid prescriptions on an ongoing basis will receive one complimentary packet every six months.

Safe disposal of prescription opioids is a necessary component to preventing overdoses.

"About one-third of medications sold go unused. Too often, these dangerous narcotics remain unsecured where children, teens or visitors may have access," Arkansas Sen. John Boozman said in a statement.

According to the CDC, more than 42,000 people died from opioids in 2016, and 40 percent of those deaths were caused by prescription opioids.

"While [our nation's opioid] issue requires many resources to solve, we are confident this unique, easy-to-use disposal solution, DisposeRX, will make a meaningful impact



DisposeRX solution hardens prescription meds into an biodegradable gel. ISTOCK

nothing new or unusual compared to past seasons. The CDC has described it as "moderately severe."

To keep from catching or spreading it, it's common knowledge to wash your hands often and cover your mouth when you cough or sneeze (although, careful stifling your sneeze; a recent report from BMJ Case Reports tells the story of a man who sneezed while holding his nose and closing his mouth, and ended up in the hospital with a ruptured throat).

According to new research from the University of Maryland, these hygienic methods might not be enough. The study, published in Proceedings of the National Academy of Sciences, finds that you can catch the flu if a sick person breathes on you. So basically, if you're in the same room as an infected person, you're at risk.

"People with flu generate infectious aerosols [tiny droplets that stay suspended in the air for a long time] even when they are not coughing, and especially during the first

days of illness," lead researcher Dr. Donald Milton explained in a statement.

Milton and his team analyzed samples of exhaled breath from 142 University of Maryland college students infected with the flu. In roughly half of the samples, they detected aerosol particles that contained the virus and were small enough for airborne transmission.

"The



It's not too late to get a flu shot.

study findings suggest that keeping surfaces clean, washing our hands all the time, and avoiding people who are coughing does not provide com-

wellbeing

plete protection from getting the flu," said study author Sheryl Ehrman.

The authors hope that this new information could lead to improved ventilation systems in schools, workplaces and on public transit. Until that day comes, if you're sick, stay home, they advise.

And if you haven't already gotten your flu shot — even though this year's vaccine is not as effective on the H3N2 strain of the virus, which is dominant this season — doctors still recommend it. It's not too late to get one, as cases of the flu will continue to spread into the spring. And even if you contract the virus, the flu shot can help ease your recovery.

product for safe opioid disposal

on the lives of many," said Marybeth Hays, executive vice president of Consumables and Health and Wellness at Walmart U.S.

DisposeRX is the first product of its kind to use this opioid disposal technology. Prior

to this launch, the standard method of safely discarding prescription medicine, per the FDA's recommendation, is one of three ways: In a disposal kiosk at your local pharmacy (available at CVS and Walgreens nationwide); via a DEA-

authorized collector in your community; or at home, either placing the medication in a sealed container and depositing it in the trash, or flushing it down the toilet.

Let's hope this innovation helps save lives.

KATE MOONEY



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What they're saying about Pat Shurmur



“The way he's led this offense even though we faced the adversity of losing another starting quarterback and another starting running back and he carried us all the way to a Top 10 offense, [the Giants] are getting a really special coach. If he is going there, we'll miss him. I know that because our entire locker room respects him. The way that guys listen and follow his lead will carry over.”

VIKINGS TE KYLE RUDOLPH
(H/T NJ ADVANCED MEDIA)

“He's like another Chuck Noll. Pat's got a lot of Chuck Noll in him as far as I'm concerned. A lot of coaches have a lot of priorities, but smarts and intelligence and making the most out of what you have, that's what Chuck Noll was. And I see the same thing in Pat's personality.”

GEORGE PERLES
COACHED SHURMUR AT MICHIGAN ST. (H/T NEWSDAY)

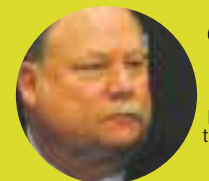


“Yeah, I mean, Pat, he's a tremendous coach. I really enjoyed playing for him. ... I was really excited for him for the opportunity [to coach the Giants]. I know he's focused on. ... I'm excited for his opportunity.”

EAGLES QB NICK FOLES

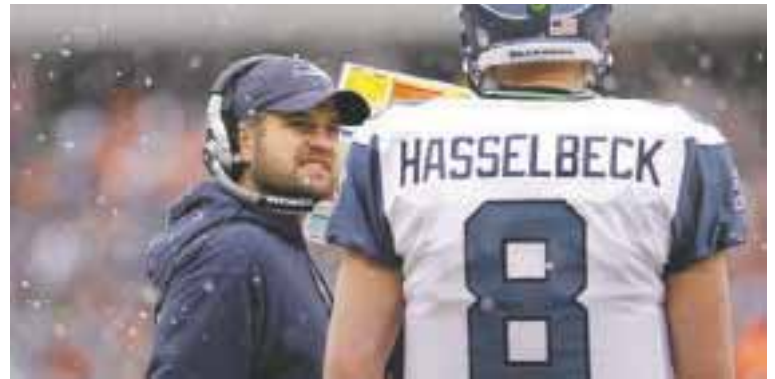
“He's just got a great personality. He's a great dude. On the field, off the field, he's the same guy. I have a lot of respect for him. If he goes there, I wish him the best of luck. Except for the two games they play the Eagles.”

EAGLES TE BRENT CELEK



“He was a first-time head coach, and he's a grinder, he's serious about his work — that's a good thing. With the players, every once in a while, they got to see you're human, laugh and joke with 'em and take a joke. Pat would be wise to do that. He's pushing and he's good at it, but it's OK to smile, it's OK to laugh, those things are OK.”

MIKE HOLMGREN
FORMER BROWNS PRESIDENT (H/T WFAN)



Jeremy Bates is likely to get another shot at an offensive coordinator job in the NFL with the Jets in 2018. GETTY IMAGES

Bates to take on Jets OC role

The New York Jets are expected to promote quarterbacks coach Jeremy Bates to the role of offensive coordinator, per ESPN's Adam Schefter.

Bates joined the Jets for the 2017 season under former offensive coordinator John Morton, who lasted just one season at the position before getting fired on Wednesday.

Originally, it was believed that Morton was fired because Todd Haley suddenly became available after he was axed by the Pittsburgh Steelers following their shocking loss to the Jacksonville Jaguars in the AFC Divisional Round.

But with Haley being pursued hard by the Cleveland Browns, per Mary Kay Cabot of Cleveland.com, the Jets look as though they'll be staying in-house with the promotion of Bates.

Bates has basically come out of nowhere to

get this job. This season with the Jets was his first year back coaching in the NFL since 2012 when he was the quarterbacks coach of the Chicago Bears. The 41-year-old didn't spend much time in football during that time away from the NFL sidelines as he instead hiked the Rocky Mountains.

Breaking into the NFL in 2002, Bates was an offensive quality control and assistant quarterbacks coach with the Tampa Bay Buccaneers before joining the Jets in 2005 as their quarterbacks coach. Within a year though, he was off to the Denver Broncos before spending 2009 with USC as its assistant head coach and quarterbacks coach.

In 2010, he was brought on as the Seattle Seahawks offensive coordinator where his unit struggled to find any success. Winning a weak

NFC West division with a 7-9 record with Matt Hasselbeck and Charlie Whitehurst under center, Bates' offense was ranked 23rd in points scored and 28th in total yards gained.

The Jets have some promising offensive pieces, mainly in the backfield as Bilal Powell continued to show flashes of becoming a productive every-down back by averaging 4.3 yards per carry. But the quarterback situation is still very much up in the air as Josh McCown — who performed admirably as New York's starter in 2017 — is likely nothing more than a placeholder for the Jets' next talent expected to become their franchise quarterback. Obviously, it depends on what they can do either in the draft or in free agency, as there are a few candidates that could be available on the market this offseason.

JOE PANTORNO

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Slumping Rangers continue trip out West

The Rangers are reeling as they enter Tuesday night's matchup with Anaheim.



JOE PANTORNO
joseph.pantorno@metro.us

The flip of the calendar to 2018 has not been kind to the New York Rangers.

Since their New Year's Day win at the Winter Classic over the Buffalo Sabres, the Rangers have won just six of their next nine games while looking disorganized and at times, unmotivated.

Regardless, they still hold the final Wild Card spot in the Eastern Conference playoff picture, though three teams are within three points of them.

Tuesday night was the team's latest dud as they squandered a 2-0



Brendan Smith. GETTY IMAGES

lead by allowing three power-play goals in a 10-minute span to the Los Angeles Kings.

It was sparked by an undisciplined moment by defenseman Brendan Smith, who gave the Kings life by going after rookie Adrian Kempe at the end of a first period in which the Rangers

dominated.

The 4-2 failure has dropped the Rangers to 0-2 on their West Coast road trip, one that continues on Tuesday against the Anaheim Ducks (10 p.m. ET).

The Ducks have struggled to find any sort of consistency this season as they sit in fifth place in the Pacific Division.

They have lost four of their past seven games as they sit at 22-17-9 on the season.

It's a far cry from last season when they were one of the strongest teams in the Western Conference, losing 23 games all year as they racked up 105 points and made the conference finals.

The two teams have already played this season, with the Rangers emerging with a 4-1 win at Madison Square Garden thanks to a pair of goals from Paul Carey.

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Road-inept Knicks visit Dubs next

One of the worst road teams in the NBA, the Knicks visit the Warriors on Tuesday night.



JOE PANTORNO
joseph.pantorno@metro.us

It has become blatantly obvious that the New York Knicks toe the line of an NBA-caliber team on the road this season.

Away from Madison Square Garden, the Knicks are a painful 6-17. Only the Utah Jazz, Memphis Grizzlies and Atlanta Hawks have less wins on the road this season.

In fact, based on the numbers, they look like a completely different team away from home.



The Knicks were ripped apart by the Lakers. Now the Warriors await the slumping road side by the Bay. GETTY IMAGES

Even with the Knicks starting 2-1 on their season-high seven-game road trip after wins against the Brooklyn Nets and Utah Jazz, their loss to the Memphis Grizzlies, currently sitting in 13th in the Western Conference, was reason enough to put a damper on the beginning of the excursion.

Then came a Sunday afternoon debacle against the Los Angeles Lakers in which the Knicks allowed a season-high 127 points despite the hosts not having Kentavious Caldwell-Pope or Lonzo Ball available. Jordan Clarkson and Julius Randle picked up the slack, combining for 56 points on the day.

The 20-point loss didn't sit well with Tim Hardaway Jr., who stated that the Lakers "wanted it more," than the Knicks, who turned the ball over 17 times compared to Los Angeles' six giveaways.

New York's streak of not winning consecutive road games has now reached a full 365 days and it is highly unlikely that they will grab a road win on Tuesday night as they face the defending NBA-champion Golden State Warriors (10:30 p.m. ET).

The Warriors recently saw their four-game win streak snapped on Saturday night in a 116-108 loss to the Houston Rockets. If Knicks fans are thinking that their

team could somehow kick Golden State while it's down, don't get your hopes up. Stephen Curry and Co. have not lost consecutive games since a three-game losing streak spanning from Mar. 8-11 of 2017.

New York hasn't beaten Golden State since the 2013-14 season, losing eight-straight matchups since then.

The Knicks also couldn't have picked a worse time to put together a lackluster defensive effort against a subpar Lakers team. The Warriors have averaged a league-leading 115.8 points per game and should be licking their chops ahead of a meeting with the Knicks at Oracle Arena.

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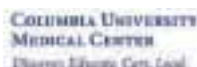
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NY 10019, registered agent
upon whom process may
be served. Purpose: Any
lawful act/activity.

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for Restaurant Wine has been
applied for by the undersigned
to sell Wine, Beer & Cider at retail
under the Alcoholic Beverage
Control Law at 2233 Broadway,
New York, NY 10024. New
York County, for on-premises
consumption. Kuni's Corporation
d/b/a Ikinari Steak

NOTICE IS HEREBY GIVEN
that a license, Number 1307147
for Beer, Wine & Cider has been
applied for by the undersigned
to sell Beer, Wine & Cider at
retail in a Café Bar under the
Alcoholic Beverage Control Law
at 558 Halsey Street, Brooklyn,
NY 11233. Kings County, for
on-premises consumption.
Supermoka, LLC d/b/a Georges-
Andre Vintage Café.

NOTICE IS HEREBY GIVEN
that a license, Serial # 1306486,
for Wine & Beer has been applied
for by the undersigned to sell
Wine & Beer at retail under the
Alcoholic Beverage Control Law
at 148 W. 49th Street, New York
NY 10019. New York County,
for on premise consumption.
Mystic Foods Inc.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
JPMORGAN CHASE BANK,
N.A., Plaintiff against SHAHID
BASHIR, et al Defendant(s).
Pursuant to a Judgment of
Foreclosure and Sale entered
on February 22, 2017, I, the
undersigned Referee will
sell at public auction at the
Queens County Supreme
Courthouse, 88-11 Sutphin
Boulevard, Court Room # 25,
Jamaica, N.Y. on the 9th day of
February, 2018 at 10:00 a.m.
premises described as follows:
All that certain plot, piece
or parcel of land, with the
buildings and improvements
thereon erected, situate, lying
and being in the Borough
and County of Queens, City
and State of New York. Said
premises known as 81-33
164th Place, Jamaica, N.Y.
11432. (Block: 7025, Lot: 35)
Approximate amount of lien
\$ 357,718.01 plus interest and
costs. Premise will be sold
subject to provisions of filed
judgment and terms of sale.
Index No. 14067/09. Brandon
Lamour Freycinet, Esq.,
Referee. Fein Such & Crane,
LLP Attorney's for Plaintiff
28 East Main Street,
Suite 1800 Rochester,
New York 14614
(585) 232-7400

NOTICE IS HEREBY GIVEN
that a license, Number 1303814,
for On Premise Liquor has been
applied for by the undersigned
to sell Liquor, Wine & Beer at
retail in a Restaurant under the
Alcoholic Beverage Control Law
at 38-07 Broadway, Astoria,
NY 11103. Queens County, for
on premises consumption. La
Chona Restaurant & Bar, Corp.

NOTICE IS HEREBY GIVEN
that a license, Number 1306807,
for Catering Hall Liquor has been
applied for by the undersigned
to sell Liquor, Wine & Beer at
retail in a Catering Hall under
the Alcoholic Beverage Control
Law at 948-950 Anderson Ave.,
Bronx, NY 10452. Bronx County,
for on premises consumption.
M & J Catering Hall, Inc.

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for Beer & Wine has been
applied for by the undersigned
to sell Beer & Wine at retail in a
Restaurant under the Alcoholic
Beverage Control Law at 40-08
Case Street, Elmhurst,
NY 11373. Queens County
for on premises consumption.
Taqueria El Sinaloense Deli Inc.

NOTICE IS HEREBY GIVEN
that a license, Serial # 1307424,
for Beer & Wine has been
applied for by the undersigned
to sell Beer & Wine at retail in
Restaurant under the Alcoholic
Beverage Control Law at 8609
Bay Pkwy Brooklyn NY 11214.
Kings County, for on-premise
consumption. Ichi Sushi at Bay
Parkway Inc.

NOTICE IS HEREBY GIVEN
that a license, Number 1307015,
for Restaurant Wine has been
applied for by the undersigned
to sell Beer & Wine at retail in a
Restaurant under the Alcoholic
Beverage Control Law at 82-65
Parsons Blvd., Jamaica,
NY 11432. Queens County,
for on premises consumption.
Ambika Bhavani Inc. d/b/a
Supreme Diner.

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN
that a license, Serial # 1307518,
for Liquor, Wine & Beer has been
applied for by the undersigned to
sell Liquor, Wine & Beer at retail
under the Alcoholic Beverage Control
Law at 31 Cornelia Street, New York,
NY 10014. New York County, for
on premise consumption. DM31
Hospitality LLC.

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Across

- 1 Scoundrel
6 Angler's wish
10 Bud holder
14 James Whitcomb --
15 Line on a map
16 Dash
17 Harebrained
18 Lira successor
19 Chase away
20 Clean without water
22 Jousting weapon
23 Marinate
24 Party animal
26 Cattle call
29 "Mona --"
31 Country addr.
32 Search engine find
33 Spruce
34 Every July
38 Decorates a cake
40 Opposite of "paleo"
42 "Road" pictures name
43 Imp
46 Worn-down pencils
49 Bilko's rank
50 Shout of surprise
51 Fermi split it
52 Yes, in Kyoto
53 Quad antecedents
57 Disaster film?
59 Seraglio
60 Wrestling holds

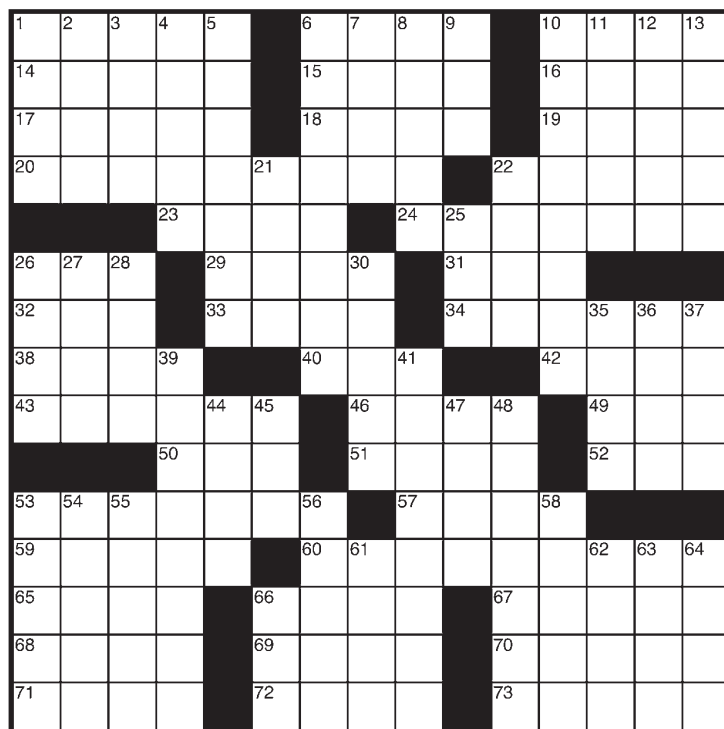
- 65 Flapjack chain
66 -- a-brac
67 Moon goddess
68 Ice-cream treat
69 Viking letter
70 Legally impede
71 Give careful attention to
72 Zonked out
73 Takes a breather

Down

- 1 Mr. Kristofferson
2 1492 caravel
3 Turing or Alda
4 Peddles
5 Hook fastener
6 Puts on new shoes (2 wds.)
7 Debtor's letters
8 Bakery dainties
9 Tokyo, once
10 Long porch (var.)

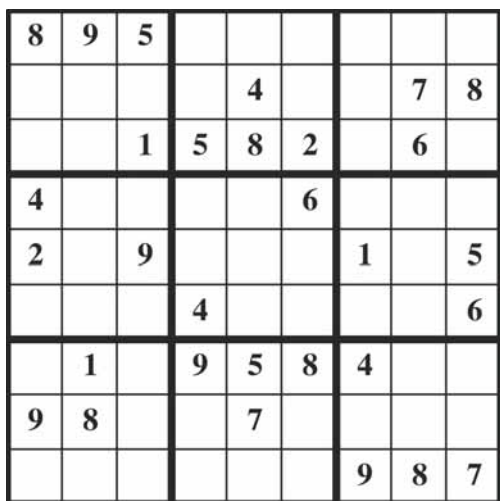
- 11 Moving right --
12 Hollandaise
13 PC key
21 Hideout
22 Carbon-based forms
25 Kind of humor
26 California's -- Woods
27 Seal predator
28 Cheers for Manolete
30 Booster rocket
35 -- Hashanah
36 Links org.
37 Sherpa's sighting
39 Bridge need
41 Stared down
44 Beg pardon!
45 London lav
47 Dauntless
48 Burn without flame
53 -- kebab
54 Lake near Reno
55 Carve a canyon
56 Low grower
58 Social asset
61 One, to Helmut
62 Household members
63 Muscle cramp
64 Exhausts
66 Half a bikini

metro.us/crossword

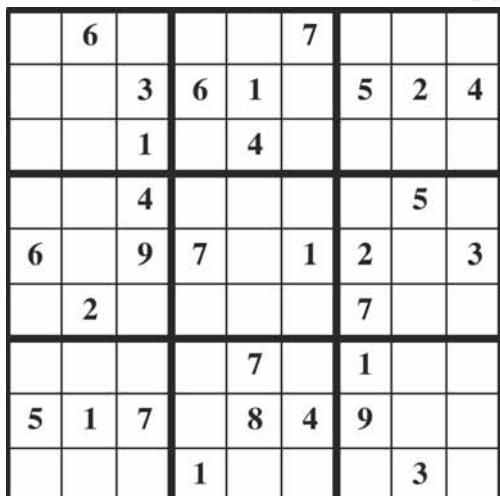


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries You'll be tempted to make rash decisions or take an unpredictable path. If you focus more on self-improvement, you will bypass criticism and complaints.



Taurus Look for opportunities, but don't take action hastily. Some investing will help keep you out of financial crisis. A partnership will have both a negative and positive influence.



Gemini Emotional mistakes can be avoided if you are practical. Levelheaded decisions will give you a clear passage to pursue worthwhile goals. Personal growth is encouraged.



Cancer The key to your success will be getting along and keeping the peace in order to avoid an emotional dispute or meltdown. Upbeat, positive choices are recommended.



Leo Alter the way you live, but don't overspend or go into debt trying to outdo your neighbors or friends. A minimalist lifestyle will help lower your stress.



Virgo A persuasive offer will not be as awesome as you anticipate. Use your intelligence and gather knowledge that will help you take care of business on your own.



Libra An unexpected change will leave you wondering what to do next. Don't act in haste. Wait for emotions to soften. Offer comfort, but don't meddle or interfere.



Scorpio Keep your emotions well hidden. Listen carefully and reveal little. If you show your vulnerability, you will end up being taken for granted. Protect your heart and feelings.



Sagittarius Good times are heading your way. Personal change will help point you in the right direction, and a better understanding of what you want to achieve will be yours.



Capricorn An emotional stalemate will occur if you decide to battle someone who doesn't share your opinion or want to make the same changes as you. Be prepared to walk away.



Aquarius Do what feels right and works best for you. Rely on experience to guide you into the future. Accept the inevitable and reject bullies and manipulators.



Pisces Making a change for the wrong reason can be costly. Do your homework and don't rely on what someone else tells you. Follow your own path. **EUGENIA LAST**



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